

Ranger-led Activity Schedule
June 12 through June 25, 2011

National Park Service
U.S. Department of the Interior



Join us for a variety of ranger-led programs, from easy walks and evening talks, to boat tours and all-day hikes.

Glacier’s Junior Ranger Program - Become A Junior Ranger



Hey kids, here’s a fun way to learn how to help keep Glacier National Park wild and beautiful. Stop by the St. Mary, Logan Pass, or Apgar Visitor Center (or the Discovery Cabin in Apgar) and pick up one of our free Junior Ranger booklets. There is a pre-reader version for our youngest Jr. Rangers and another version for elementary aged children. Children (and maybe parents too!) will be challenged to complete the activities in the

booklets so they can earn their official Glacier Junior Ranger Badge. Along with finishing the pages in the books, children need to attend a ranger-led program or tell a ranger about their favorite thing here. When all the activities are completed, just go back to one of the visitor centers listed above, and have a park staff member check the booklet and award you your badge. You’ll be a Glacier National Park Junior Ranger!



Hiking in Bear Country - Be Safe, Be Informed



photo by Daniel Wiebe

DON'T SURPRISE BEARS!
Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. Hiking quietly endangers you, the bear, and other hikers.

A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. Don't be tempted to approach or get too close to these bears.

DON'T MAKE ASSUMPTIONS!
You can't predict when and where bears might be encountered along a trail. People

often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

DON'T APPROACH BEARS!
Bears spend a lot of time eating, so be extra cautious when passing through obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Take the time to learn what these foods look like.

Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark.

Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are dangerous and should be respected equally.

If You Carry Bear Spray - Know How to Use it!



photo by Stephen Russell Lee

This aerosol pepper derivative triggers temporarily incapacitating discomfort in bears. It is a non-toxic and non-lethal means of deterring aggressive bears. Bear spray has proven to be effective for fending off threatening and attacking bears, and for preventing injury to the person and the animal involved. There have also been cases where bear spray has not worked as well as expected. Factors influencing effectiveness include distance, wind, rainy

weather, temperature extremes, and product formulation and shelf life.

If you carry bear spray, carry it in an easily accessible location. You may need to get at it quickly. Use it only in situations where aggressive bear behavior justifies its use. Bear spray is intended to be sprayed towards an oncoming bear. It is not intended to act as a repellent. Do not spray gear or your camp with bear spray. Under no circumstances

should bear spray create a false sense of security or serve as a substitute for standard safety precautions in bear country.

Canadian Customs will allow the importation of bear spray into Canada, if it is in a container that specifically states it is for use on animals. Small pocket varieties of bear spray are not permitted.

Glacier Park Boat Co. - Boat Trips and Guided Hikes



photo by Deepu Sasidharan

In addition to the hikes led by the National Park Service (listed inside), Glacier Park Boat Co. naturalists lead guided walks in conjunction with boat cruises in the Two Medicine and Many Glacier valleys. Due to high snow levels this year, some starting dates were uncertain at press time.

GRINNELL VALLEY CRUISE AND HIKE
Meet at the Many Glacier Hotel Boat Dock for a relaxing cruise on Swiftcurrent and Josephine Lakes followed by an optional, easy walk to spectacular Grinnell Lake.
2 miles round-trip (3.2km) - 4 hours
Daily at 2:00pm starting June 19th

TWO MEDICINE LAKE CRUISE AND HIKE
Meet at the Two Medicine Boat Dock for this scenic cruise on Two Medicine Lake followed by an easy walk to beautiful Twin Falls.
1.8 miles round-trip (2.9km) - 4 hours
For information on the start date and time of this activity please call 406-257-2426.

The Glacier Institute - Learning Gone Wild

The Glacier Institute provides innovative outdoor education programs within and around Glacier National Park. For more information on times, locations, and prices of these courses, contact:
The Glacier Institute
P.O. Box 1887
Kalispell, MT 59903
406-755-1211
www.glacierinstitute.org



POPULAR SUMMER COURSES INCLUDE:		
June 16.....	Glacier's Birds of Prey: West Side.....	\$65.00
June 17.....	Glacier's Birds of Prey: East Side	\$75.00
June 18-19	The Uncommon Loon	\$170.00
June 20.....	Wild Medicinal Herbs	\$70.00
June 20.....	Wolves of the North Fork.....	\$65.00
June 22-23	Landscapes in Watercolor	\$170.00
June 23.....	Glacier through a Naturalist's Eyes.....	\$75.00
June 24-25	Journey with Ralph: Glacier's Naturalist	\$200.00

Lake McDonald Valley

		JUNE													
		S	M	T	W	T	F	S	S	M	T	W	T	F	S
		12	13	14	15	16	17	18	19	20	21	22	23	24	25
9:00am	Avalanche Lake Hike					•			•	•	•	•	•	•	•
9:00am	Fire in Glacier Walk			•					•		•		•		•
9:00am	Oxbow Stroll				•					•		•		•	
10:00am	Nurturing Native Plants										•				
1:30pm	Lake McDonald Boat Tour	•	•	•	•	•	•	•	•	•	•	•	•	•	•
3:00pm	Lake McDonald Boat Tour	•	•	•	•	•	•	•	•	•	•	•	•	•	•
5:00pm	Discovery Cabin								•	•	•	•	•	•	•
8:00pm	Apgar Campground Evening Program				•				•		•	•	•	•	•
8:00pm	Fish Creek Campground Evening Program			•					•	•	•	•	•	•	•
8:00pm	Lake McDonald Lodge Evening Program								•	•	•	•	•		•
8:00pm	Jack Gladstone’s Buckskin PoetSongs													•	
8:00pm	Native America Speaks									•					

Avalanche Lake Hike
Discover how the power of water and other geologic forces have shaped this unique environment on the way to glimmering Avalanche Lake. This hike gains 500 feet over 2 miles. Participants should wear hiking shoes and bring water and a snack or lunch to enjoy at the lake. Meet at the roadside parking lot on the Going to the Sun Road across from Avalanche Campground. **4 miles (6.4km) - 3½ hours**

Fire in Glacier Walk
Explore the Robert Fire of 2003 and discover the vital role wildland fire plays in the Crown of the Continent Ecosystem on this moderate hike. Meet at the Rocky Point trailhead 0.2 miles north of the Fish Creek Campground on the Inside North Fork Road. **2 miles (3.2km) - 2 hours**

Oxbow Stroll
Join us for a casual stroll through the diverse habitats along lower McDonald Creek and discover why Glacier National Park is world famous for its biological diversity. Meet in front of the Apgar Visitor Center. **1.5 miles (2.4km) - 2 hours**

Nurturing Native Plants
Join us for a close-up look at how plants are grown in our Native Plant Nursery to be used in revegetation projects around the park. Meet on the front steps of park headquarters just outside the West Entrance. **1½ hours**

Lake McDonald Boat Tours
Cruise the dancing waters of Lake McDonald and enjoy a sampling of Glacier’s stories while aboard the historic *DeSmet*. Meet at the dock behind Lake McDonald Lodge. Arrive 15 minutes early to pay the fee charged for the boat trip. **1 hour**

Discovery Cabin
Touch a grizzly bear’s claws, feel a wolf’s amazing coat, and wear an elk’s antler! Rangers will help the whole family learn about the fascinating adaptations that Glacier’s predators and prey have to survive in their habitats. Located in Apgar Village. Stop at the Apgar Visitor Center for directions then follow the “wolf tracks” to the cabin.

Apgar Campground Ranger Talk
Join us at the Apgar Campground Amphitheater for an exploration of Glacier’s natural and cultural history. Bring the family and your questions and curiosity for an interesting look at this incredible place. **45 minutes**

Fish Creek Campground Evening Program
Sit back, relax and discover the diversity of Glacier through these illustrated programs. Park Rangers cover topics ranging from bears to birds, history to seasonal changes and much more. Meet at the Fish Creek Campground Amphitheater. **45 minutes**

Lake McDonald Lodge Evening Program
Meet in the Lake McDonald Lodge Auditorium for these evening slide programs on the many wonders of Glacier National Park. These programs are free and everyone is welcome. **45 minutes**

Native America Speaks Program
Members of the Flathead or Blackfeet Indian Nations will present stories and/or songs about their cultural history and traditions. Meet at the Apgar Campground Amphitheater. **45 minutes**

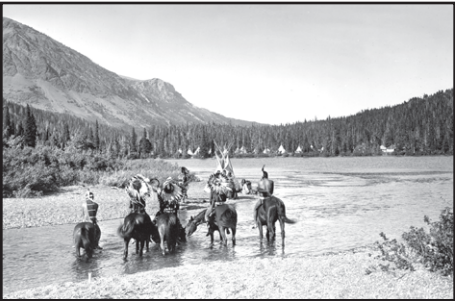
Jack Gladstone’s Buckskin PoetSongs
See description below.



Jack Gladstone’s - Buckskin PoetSongs



In concert, Jack Gladstone guides his audience through tribal stories, animal legends, character portraits, and historical eras into a richer appreciation of our Native American heritage. Jack is a masterful storyteller who blends enlightening narrative with his well-crafted songs. Tickets \$5.00, available at the door. Free for children 12 and under. **Many Glacier Hotel - 8:00pm - June 19**
Lake McDonald Lodge - 8:00pm - June 24



Many Glacier

		JUNE													
		S	M	T	W	T	F	S	S	M	T	W	T	F	S
		12	13	14	15	16	17	18	19	20	21	22	23	24	25
7:00am	Early Morning Bird Walk				•					•					
8:30am	Heart of Glacier Hike			•	•	•	•	•	•	•	•	•	•	•	•
9:00am	Grinnell Valley Boat Trip and Hike						•	•	•	•	•	•	•	•	•
9:00am	Wildflower Walk			•						•		•			
11:00am	Where Have All The Glaciers Gone?					•							•		
2:00pm	Nature Walk			•	•	•	•	•	•	•	•	•	•	•	•
4:00pm	Historic Hotel Tour						•	•	•	•	•	•	•	•	•
5:30pm	Scope it Out! - A Watchable Wildlife Activity			•	•	•			•	•	•	•	•	•	•
8:00pm	Many Glacier Campground Ranger Talk			•	•	•	•	•	•	•		•	•	•	•
8:00pm	Many Glacier Hotel Evening Program						•	•		•	•	•	•	•	•
8:00pm	Jack Gladstone’s Buckskin PoetSongs								•						
8:00pm	Native America Speaks										•				

Early Morning Bird Walk
Early morning is the best time to see and hear the songbirds of the valley. Meet at the boat dock behind the Many Glacier Hotel. Bring binoculars and a field guide. **1 mile (1.6km) - 2 hours**

Heart of Glacier Hike
Discover the treasures of Glacier’s interior on a moderately strenuous hike to Iceberg Lake or one of the other unique areas in the heart of Glacier. Meet the ranger at the Swiftcurrent Motor Inn porch. May include walking on snow. **Approx. 10 miles (16km) - about 6-7 hours**

Grinnell Valley Boat Trip and Hike
Meet at the Many Glacier Hotel boat dock for a cruise on Swiftcurrent and Josephine Lakes and an optional easy hike to Grinnell Lake. A fee is charged for the boat. Purchase boat tickets ahead if possible. **2.5 miles (4km) - 3½ hours**

Wildflower Walk
Explore and learn about the diversity and beauty of early season wildflowers as you hike to Lake Josephine. Moderate elevation gain. Meet at the Grinnell Glacier trailhead (Many Glacier Picnic Area). **4 miles (6.4km) - 3 hours**

Where Have All The Glaciers Gone?
Join a ranger to learn about this area’s glaciers in the past, present, and future. Meet outside the front door of the Many Glacier Hotel. Some stairs and walking will be involved. **1 hour.**

Nature Walk
Explore the natural world and discover what makes Glacier a special place as you walk to Wilbur Falls and Fishercap Lake. Meet at the Swiftcurrent Motor Inn porch. **1 mile (1.6km) - 1 hour**

Historic Hotel Tour
Join a ranger for a tour of the historic Many Glacier Hotel and learn about its history and current restoration work. Meet in the hotel lobby. There will be some walking and stairs. **1 hour**

Scope it Out!
A Watchable Wildlife Activity
Drop by between 5:30pm and 7:30pm and use our spotting scopes to scan the slopes for wildlife as a park ranger answers questions about Glacier’s animals. We will be set up in the parking lot of the Swiftcurrent Motor Inn.

Many Glacier Campground Ranger Talk
Join a park ranger at the campground amphitheater to learn about the wonders of Glacier. **45 minutes**

Many Glacier Hotel Evening Program
Meet downstairs in the Lucerne Room of the Many Glacier Hotel for an evening slide program on the wonders of Glacier National Park. All park visitors are welcome. **45 minutes**

Jack Gladstone’s Buckskin PoetSongs
See description above.

Native America Speaks Program
Members of the Blackfeet Tribe interpret their cultural history and traditions – past and present. Meet at the Many Glacier Campground Amphitheater. **45 minutes**



Two Medicine		JUNE													
		S	M	T	W	T	F	S	S	M	T	W	T	F	S
		12	13	14	15	16	17	18	19	20	21	22	23	24	25
9:00am	Two Medicine Lake Loop									•	•			•	
10:30am	Boat Trip & Hike to Upper Two Medicine Lake								•	•	•				
10:30am	Scenic Point Hike							•		•			•		•
12:00pm	Rockwell Falls Hike											•			
12:30pm	Aster Park Hike						•							•	
8:00pm	Native America Speaks											•			•
8:00pm	Two Medicine Campground Ranger Talk			•		•	•		•	•	•		•	•	

Two Medicine Lake Loop
This diverse hike around the Two Medicine Lake takes you to avalanche chutes, meadows, and waterfalls. Expect gently rolling hills as you walk around the lake. Meet at the Two Medicine Campstore. **8.5 miles (13.7km) - 6½ hours**

Boat Trip & Hike to Upper Two Medicine Lake
Cruise scenic Two Medicine Lake and join a ranger for a gentle hike to Upper Two Medicine Lake gaining 350 feet in elevation over 2.2 miles. Pause at Twin Falls and traverse flower filled meadows on your way to the lake. Meet at the Two Medicine boat dock. A fee is charged for the boat cruise. **4.4 miles (7km) 5 hours**

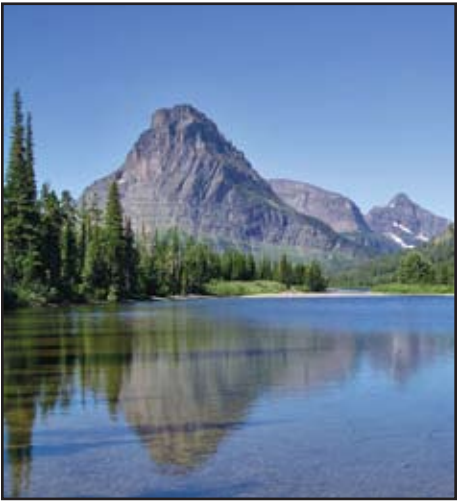
Scenic Point Hike
Glaciated valleys and spectacular vistas highlight this rugged, steadily climbing hike. You will gain 2,350 feet over three miles with an alpine tundra reward at the top. Meet at the Scenic Point trailhead. **6.2 miles (9.9km) 5 hours**

Rockwell Falls Hike
This moderately paced half-day hike passes Aster Falls, then gently ascends the valley beneath Sinopah Mountain to Rockwell Falls. Meet at the Two Medicine Campstore. **6.8 miles (10.9 km) 5 hours**

Aster Park Hike
Enjoy an easy hike to Aster Falls and then continue on a steep upgrade to Aster Park Overlook where you are rewarded with panoramic views of the Two Medicine valley. Meet at the Two Medicine Campstore. **3.8 miles (6km) 4 hours**

Native America Speaks Program
Members of the Blackfeet Tribe share their cultural history and traditions through interpretation with the visitors of Glacier National Park. Tribal culture is a work in progress, changing as life changes, yet holding on to its heart through oral tradition. Meet at the Two Medicine Amphitheater (Loop B, site 40). **45 minutes.**

Two Medicine Campground Ranger Talk
Come join a ranger at the Two Medicine Amphitheater (Loop B, site 40) for this traditional evening program. **45 minutes**



Going For A Hike? - Be Prepared and Know What to Take Along



- Sturdy foot gear is a must for all but the very easiest of hikes. Everyone should have good boots, with strong support, to help prevent ankle injuries.
- Bring water with you! The mountains can get very hot in the summer. Surface water in the park may be unsafe to drink.
- Mosquitoes and flies can be bothersome. Come prepared with repellent to meet some of Glacier’s smaller wildlife species.

- A day of hiking can expose you to more sun and UV rays than normal. Wear a hat and sunscreen. It will help keep you cool and prevent a sunburned scalp!
- Weather can change quickly. Come prepared with rain gear.
- Bring something to eat. If you are on an all-day hike or a hike over the noon hour, you’ll get mighty hungry without lunch. Remember, if you pack it in, pack it out.

- Children are welcome on interpretive activities, but should always be accompanied by an adult.
- Come prepared to have a great time!

High Water - Beautiful But Dangerous



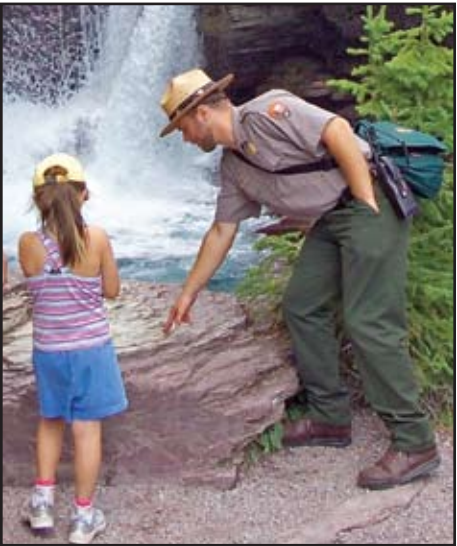
People are often surprised to find out that drowning is the number one cause of fatalities in Glacier. Please use extreme caution near water. Swift, cold glacial streams and rivers, moss-covered rocks, and slippery logs all present dangers. Children, photographers, boaters, rafters, swimmers, and fishermen have fallen victim to these rapid, frigid streams and deep glacial lakes. Avoid wading in or fording swift streams.

Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. When boating, don’t stand up or lean over the side, and always wear a life jacket.

St. Mary - Rising Sun		JUNE													
		S	M	T	W	T	F	S	S	M	T	W	T	F	S
		12	13	14	15	16	17	18	19	20	21	22	23	24	25
9:00am	Connecting With Art and Nature										•	•	•	•	•
10:00am	Boat Trip & Hike to Baring and St. Mary Falls								•	•	•	•	•	•	•
2:00pm	Bear Spray Clinic								•	•	•	•	•	•	•
7:30pm	St. Mary Visitor Center Evening Program									•		•		•	
8:00pm	Native America Speaks												•		
8:00pm	Rising Sun Campgroung Ranger Talk			•		•	•	•	•		•				•

Connecting With Art and Nature
Children and all who are “Young At Heart” are invited to the historic 1913 Ranger Station to work with an artist as she teaches the wonders of Glacier National Park through hands-on art activities. These activities include step-by-step instructions for drawing animal silhouettes as well as creating watercolor landscapes. You may even participate in the creation of a large mural for display at a park visitor center. Open house format - come and go anytime during program. **3 hours**

Boat Trip & Hike to Baring and St. Mary Falls
Enjoy rugged mountain scenery and spectacular views as you cruise on St. Mary Lake. Join a Park Ranger to take a closer look at evidence of our ever-changing landscape. Take the optional 3-mile round-trip hike to Baring and St. Mary Falls and catch a later boat back. Purchase tickets at the Rising Sun Boat Dock, 6 miles west of St. Mary on the Going-to-the-Sun Road. **3 miles (5km) - 3.5 hours**



Bear Spray Clinic
Will you be carrying bear spray while hiking on Glacier’s trails this summer? This important workshop will teach you about bear behavior and how to safely carry and use this very effective bear deterrent. Meet just outside the front doors of the St. Mary Visitor Center. **45 minutes**

St. Mary Visitor Center Evening Program
Join us at the St. Mary Visitor Center Auditorium for a visual journey through Glacier’s natural and cultural heritage. **45 minutes**

Native American Speaks Program
Members of the Blackfeet Tribe share their cultural history and traditions through interpretation with the visitors of Glacier National Park. Tribal culture is a work in progress, changing as life changes, yet holding on to its heart through oral tradition. Meet at the Rising Sun Campgroung Amphitheater to experience this unique opportunity. **45 minutes**

Rising Sun Campground Ranger Talk
Experience a National Park tradition by attending an outdoor Ranger-led talk. Meet at the Rising Sun Campground Amphitheater. **45 minutes**

St. Mary Visitor Center Auditorium Videos
Videos are shown in the auditorium through-out the day. An video about the building of the Going-to-the-Sun Road and the current rehabilitation project, “Preserving a Landmark in the Sky” is shown at 10:00am, Noon, 2:00pm & 4:00pm.

At other times, on the hour and half hour, “Glacier National Park: Land of Many Journeys” is presented. This Discovery Channel production helps visitors experience the ecological, geological and cultural wonders of Glacier National Park.

Both films are captioned and assisted listening devices are available at the information desk. They are also compatible with T-switch hearing aids.

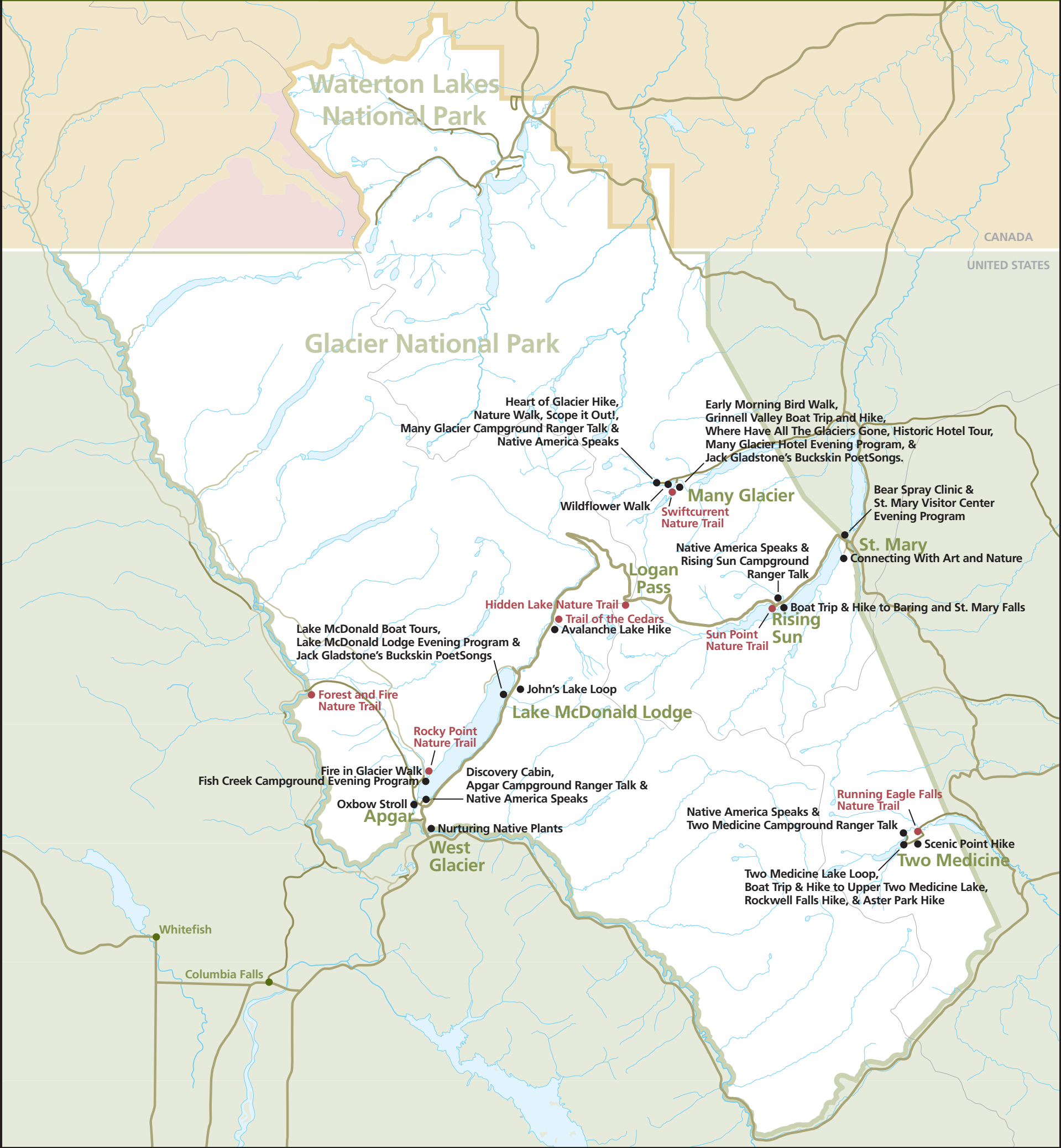
At Home in This Place - Native Perspectives on Glacier National Park



We invite you to experience the new permanent interpretive exhibits at the St. Mary Visitor Center. The exhibits feature Blackfeet, Kootenai, Salish, and Pend d’Oreille perspectives on their long and personal relationships with the land we today call Glacier National Park. Dioramas, models, videos, interactive maps, and original artwork are included in the exhibition.



Glacier National Park Ranger-led Activities Location Map



Explore Glacier - On One of the Park’s Seven Nature Trails



Glacier is a hiker’s paradise. Over 700 miles of trails lead visitors through some of the most spectacular and wild country in the Rockies. Multi-day trips make for lifetime memories, but so can a shorter hike on one of Glacier’s seven nature trails. The ecosystems traversed by these short walks convey a sense of the magnitude and scope of Glacier’s diversity.

Two trails explore the recent effects of fire on the landscape. The Forest and Fire Nature Trail winds through an area that burned in both 1967 and then again in 2001. The Rocky Point Nature Trail shows the effects of one of the park’s most recent fires from 2003.

Native American culture is the focus of the wheelchair accessible Running Eagle Falls Nature Trail in the Two Medicine Valley. Traditional uses of medicinal plants are explained against the backdrop of the story of Pitamakan (Running Eagle), an important Blackfeet woman warrior.

Towering cedar trees along the wheelchair accessible Trail of the Cedars Nature Trail dwarf visitors and create a dark and moist environment filled with shade-loving ferns. The area can be very crowded at mid-day. From the halfway point of the trail, a 2-mile spur leads to Avalanche Lake.

The Hidden Lake Nature Trail leads visitors to an alpine wonderland. Snow lingers well into summer followed by carpets of flowers. The view of Hidden Lake is unforgettable. Visit late in the day or early in the morning to avoid the crowds. Watch for mountain goats.

The Sun Point Nature Trail traverses the windblown slopes above St. Mary Lake and offers spectacular views of the Continental Divide in the distance and the sparkling lake below. Hikers can also link the nature trail to the trails to St. Mary and Virginia Falls, making for a great half-day hike along the shores and forests surrounding St. Mary Lake.

Finally, the Swiftcurrent Nature Trail around Swiftcurrent Lake in the Many Glacier Valley blends Glacier’s geologic past with its human history. The dramatic views of the glacially carved slopes towering above the Many Glacier Hotel are the classic image of Glacier National Park for thousands of former visitors to this amazing part of the Rocky Mountains.